



SMOKE SIGNALS
EXPERTS SAY MORE
YOUTHS NEED TO BUTT
OUT {page 2}

SHARP SKIING
TRAIN RIGHT TO AVOID
BODY STRAIN
{page 8}



STUNT SECRETS
BECKINSALE SAYS
SHE'S GETTING
BETTER WITH AGE {page 6}



LONDON

metro®

Tuesday, January 17, 2012
www.metronews.ca

News worth sharing.

Market Lane plan 'delightful'

- Design proposal marries people in a hurry with those who want to enjoy space: Officials
- Combined design and construction cost of proposal falls within city-designated budget


ANGELA MULLINS
@METRONEWS.CA

Imagine, if you will, walking out of the Covent Garden Market and through an alley filled with greenery, LED lights hanging overhead and musicians performing on a small stage.

City planners say those are some of the major selling points of a plan to breathe new life into downtown's Market Lane. The plan — submitted by British

Columbia-based Hapa Collaborative — would cost \$650,000 and was selected after a city-sponsored design contest.

Members of city council's planning committee unanimously OK'd the proposal Monday. The full council must now approve it before moving to the design phase.

In the best-case scenario, construction could begin this summer and wrap up by the end of the year, city officials said.

Steve Ries, an architect who

chaired the committee that selected the design, called the new vision "delightful," "quite simple" and "whimsical." One of the biggest selling points, he said, is a meandering concrete bench that would run along the alley's east edge.

The space's new vibe would also fit well with Fanshawe College's plans to turn the building on the west side of the alley into part of its downtown arts campus. People literally could "flood" out of Fanshawe's classrooms

and into a bit of an urban park.

"It's a study in contrast," Ries said about the design. "On the one hand, you have a space that allows (people to move through), then you have a space for people to sit and (enjoy the space)."

"I think this kick-starts all kinds of opportunities in downtown."

Eighteen companies showed interest in the project; five were chosen as finalists. Each finalist was paid \$2,500 for submitting a plan.

Second chance for SoHo buildings

City councillors took the first steps Monday toward saving two buildings with heritage value on the former South Street Hospital lands.

Members of the planning committee OK'd leaving the Colborne Building and War Memorial Children's Hospital on the property when demolition starts on other structures. ■ ANGELA MULLINS



Grieving. Dad

Pre-trial motions begin in Tori Stafford case

Pre-trial motions for Michael Rafferty, charged with first-degree murder, are underway. Stafford said his family is feeling "a lot of hostility, a lot of hate" toward Rafferty. The 30-year-old is accused in the death of Tori, who disappeared in Woodstock on her way home from school in April 2009. The trial was moved from Woodstock to London in light of the extensive publicity surrounding Tori's death. Pre-trial motions are expected to take up to a month.

► Rodney Stafford, father of slain eight-year-old Tori Stafford, leaves court in London on Monday.

COLIN PERKEL/THE CANADIAN PRESS

1

news



Goofy motion control and battery packs for the electricity-challenged among weird gadgets from CES. Scan the code for the story.

1 Download the free ScanLife app with your smartphone at [2dscan.com](#)

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to [m.metronews.ca](#)

On the web at [metronews.ca](#)



Stephen Colbert's Super PAC airs a new ad targeting Mitt Romney. Of course, Colbert had "nothing" to do with it. Watch at [metronews.ca/video](#)

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► Dusko Jankovic, 59, of London, talks Monday about one of his abstract paintings on display at the Central Library. Jankovic's artwork encompasses a variety of styles and will be at the library through the end of the month.

ANGELA MULLINS/METRO

Library takes part in city art

Library branches across London give artists a chance to display their works free of charge. The program is popular enough to warrant a waiting list for space, officials say. Details about arranging an exhibition are available by clicking on "About my Library" then "Services and Collections" at [londonpubliclibrary.ca](#).

Standoff leads to multiple charges

London police have charged a man who barricaded himself inside a Berkshire Place townhouse unit for almost 10 hours last Friday.

After several hours of unsuccessful attempts to negotiate with the man, tear gas was deployed into the residence by members of the police's emergency-response section. The suspect was arrested just prior to 6 p.m., on Friday.

Among the 10 charges the 41-year-old London man faces: Assault with a weapon, forcible confinement and killing a dog. The last charge is in relation to a drowned puppy, found in the home by Police, following the man's arrest.

AM980/AM980.CA

More young Londoners need to butt out: Experts

- Say special effort is needed to expand anti-smoking message
- Drive to Quit Challenge is seen as a good way to lead the charge



ANGELA MULLINS
@METRONEWS.CA

About 20 per cent of people in London and Middlesex County smoke. That's down from past years — and on par with the provincial and federal rates of 19 and 17 per cent respectively — but it's still too high, health officials say.

"We know that one out of every two tobacco users will die as a result of their smoking," said Linda Stobo, program manager for tobacco control with the

Middlesex-London Health Unit. "We want to continue to support as many smokers as we can to quit and quit for good."

She and others hope to see a dent in the London-area numbers at the end of this year's provincewide Driven to Quit Challenge. The Canadian Cancer Society effort, which offers up big prizes for people 19 and older who stay clean for 31 days, officially starts March 1, but was announced Monday to kick-off National Non-Smoking Week in London.

Some of the loudest

Driven to Quit

► Register through Feb. 29 by picking up a form at the local health unit, visiting [driventoquit.ca](#) or calling 1-877-513-5333.

alarm bells are being rung around young adults, youths and blue-collar workers: the number of people kicking the habit in those groups has held steady in the past couple of years instead of increasing.

So health officials are looking for new ways to deliver the anti-tobacco mes-

sage.

"We have to look at ... who we are trying to target," Stobo said. "So, we take something like the Driven to Quit Challenge — something that can reach everyone — and combine that with specialized programs."

One such program is this spring's Nic-O-Time campaign, which targets youths. The campaign offers prizes like iPads and iPods to teens who quit or reduce using tobacco, or who pledge never to touch the stuff. For more details, visit [quit2win.ca](#).

Video games going live at the JLC

Video Games Live will team up with Orchestra London for a concert event on March 21 at the RBC Theatre in the John Labatt Centre.

The show features music from popular video games with synchronized video footage and interactive segments. Tickets (\$71.75, \$56.75, \$36.75, \$26.75) go on sale Friday at 10 a.m. Visit [johnlabattcentre.com](#).

● METRO

Matthews mum on pot stance

Ontario Health Minister Deb Matthews declined to comment Monday on the federal Liberals' endorsement of legalizing and regulating marijuana.

Matthews, London North Centre's MPP and a Liberal herself, said she has plenty of opinions on the issue, but didn't think it was appropriate for the Health Ministry to weigh

in.

Asked to put her ministry hat aside and comment as a provincial politician, Matthews said it's impossible to separate the two.

The Grits passed the marijuana resolution Sunday, wrapping up their three-day convention.

● METRO/WITH FILES FROM THE CANADIAN PRESS



► Deb Matthews

News in brief

Curling for a good cause

CHARITY. The third annual Button Brier & Banquet Benefit is on Saturday, Feb. 4, at the Highland Country Club.

Tickets for curling and the dinner are \$100 each, or \$360 for a team of four. Tickets for the din-

ner portion only are \$60. Proceeds go to the Daya Counselling Centre. Call (519) 434-0077 ext. 392.

● METRO

Voyeurism sentencing set

LAW AND ORDER. A London man will be sentenced Feb. 29 after photos of his daughters and their friends playing in bathing suits were found on his computer.

● METRO

It's a battle-of-the-bulge throwdown

► Toronto Mayor Rob Ford tipped the scales at 330 pounds Monday morning as he called on fellow North American mayors — some of whom are rather svelte — to join him in a six-month weight-loss campaign

Toronto Mayor Rob Ford has turned his battle of the bulge into an international throwdown.

In a tweet announcing the challenge, he singled out Calgary Mayor Naheed

Nenshi, Vancouver Mayor Gregor Robertson and Halifax Mayor Peter Kelly, as well as New York City's Michael Bloomberg and Chicago's Rahm Emanuel to join him.

Dubbed the Cut The Waist Challenge, the campaign aims to encourage the public

to embrace a healthier lifestyle, said the mayor, who hopes to lose 50 pounds by June 18.

It's unclear how many of Ford's peers will take him up on the challenge, given that some are already known for their healthy habits and lean physique.

"Mayor Bloomberg exercises daily and very avidly watches what he eats —

two reasons why he's about as thin as he was in college 50 years ago and not at all overweight," Bloomberg's spokesman, Stu Loeser, said in an email.

"Though this plan sounds like a great idea, it doesn't really apply to our mayor," he added.

Emanuel, a triathlete who logs daily workouts and carries a water bottle wherever he goes, may not

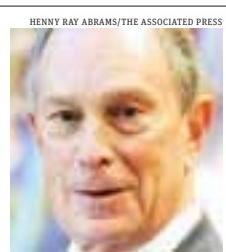
have much to lose either. Meanwhile, Robertson's website describes him as "a dedicated cyclist."

Ford said he hatched his weight-loss plan over the holidays. "It's the heaviest I've ever been," the mayor said. "I've got young children. This is not healthy. You can't be running the city, you can't be doing all this at 330 pounds."

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Peter Kelly
Halifax Mayor Peter Kelly, at five-foot-11, is roughly half the weight of Toronto Mayor Rob Ford. "Since, over the past few years, I've already lost over 30 pounds, I don't need to lose any more, and if I did you wouldn't be able to see me," Kelly said. Kelly politely declined the personal challenge, but said he would accept a community challenge.
● METRO HALIFAX



Michael Bloomberg
New York City's trim mayor Michael Bloomberg politely declined the challenge. But that doesn't mean he won't stop pestering his fellow New Yorkers to drop some pounds. Bloomberg is continuing his public health campaigns, warning about the dangers of sugar, salt and too much alcohol. And just last week Bloomberg unveiled a subway ad blitz about portion control.
THE CANADIAN PRESS



► For exercise, Vancouver Mayor Gregor Robertson plays soccer and bikes to and from meetings.

Metro challenge

Metro staff are responding to the mayor's Cut The Waist Challenge by committing to a collective weight-loss goal. They're stepping on the scale each Monday for the next six months. See where they are next week!

32 REASONS TO EAT OUT

JANUARY 20 - FEBRUARY 5



Premiers call for changes to Ottawa's health-funding plans

Canada's premiers appeared determined to push Ottawa to change federal Finance Minister Jim Flaherty's take-it-or-leave-it plans for health transfer payments, especially when it comes to including funds for the elderly.

Premiers arriving in Victoria for meetings were unanimous in their call for changes to Ottawa's plans for a per-capita health-funding formula, saying basing funding strictly on population

does not factor in the elderly, whose health costs rise as they age.

Flaherty said Ottawa plans to continue increasing health transfer payments at six per cent annually until 2017. After that, health transfers would be tied to the rate of economic growth and inflation, currently estimated to be about four per cent, but the government will never let the amounts fall below three per cent.

THE CANADIAN PRESS



► From left: N.W.T. Premier Bob McLeod, B.C. Premier Christy Clark, Nova Scotia Premier Darrell Dexter, P.E.I. Premier Robert Ghiz, Manitoba Premier Greg Selinger and Yukon Premier Darrell Pasloski.

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Home sales surpass projections

So much for a housing-market slowdown in 2011.

Home sales across the country rose 2.2 per cent over 2010 to 457,000 units last year, according to data released Monday by the Canadian Real Estate

Association.

That read is nearly a full percentage point higher than CREB had been anticipating in the fall when it projected a 1.4 per cent gain over 2010 to 453,300 homes.

However, the last few months of 2011 indicated a slowdown is on its way in the housing market, economists noted Monday.

THE CANADIAN PRESS

Nortel meltdown

- Nortel was once Canada's most valuable company, with more than 90,000 employees worldwide.
- The 2002-03 accounting scandal produced a stock-market flameout, dragging down the share from \$124.50 in 2000 to penny-stock status. Now, the stock is delisted and worthless.

Scan here to watch a video and learn more.
Balayez ici pour regarder une vidéo et en savoir plus.

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Captain CLAUDINE LEE

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Canada

Crown: Ex-Nortel execs cooked books

► Prosecutor says financial statements off by half a billion dollars ► Crown to bring forward 27 witnesses, including former executives who may be accomplices

One of the biggest trials in Canadian corporate history got underway Monday, with the Crown prosecutor beginning to lay out his case against three former Nortel Networks executives accused of falsifying financial reports.

Former chief executive Frank Dunn, former chief financial officer Douglas Beatty and former corporate controller Michael Gollogly each entered not-guilty pleas to two charges before the prosecutor began his opening statements.

Crown attorney Robert Hubbard alleged the three men worked together to falsify Nortel's records and statements to make it look more profitable.

Hubbard said Nortel's financial statements were incorrect in the first and second quarters of 2003. The prosecutor argued it is clear that the way Nortel



► Frank Dunn

recorded its financial statements was not in accordance with accounting principles.

"The only real question is, did you know it at the time?" Hubbard said, gesturing to the accused.

Hubbard said he aims to prove the men falsified statements because bonuses for senior executives were linked to consecutive quarters of profitability. The accused "had to juggle accounting to achieve those results," Hubbard said.

Even though Nortel had been losing millions of dollars for several years, it was still generating huge revenues from global sales of advanced technology.

THE CANADIAN PRESS

Market moment

TSX	Dollar
+ 27.54 (12,258.60)	+ 0.45¢ (98.23¢ US)
Oil	Natural gas
	\$2.54 US (- 13¢ US)
- 99¢ US (\$99.69 US)	\$1,643.50 US (+ \$12.70 US)
Gold	

and the potential move means it would be jockeying against Air Canada for customers in markets where it hasn't had much of a presence.

The move would be a departure from WestJet's strategy of flying only Boeing 737s. Having one type of plane means cheaper and simpler training and maintenance.

THE CANADIAN PRESS

"It's going to represent ... extra competition in many communities across the country where Air Canada's the only game in town," Robert Kokonis, president of AirTrav Inc., said Monday.

The airline industry is already ultra-competitive

FOUR WAYS TO DIVORCE JANUARY FROM ITS REPUTATION

SHE SAYS ...

JESSICA NAPIER
METRO



Did you know that more couples file for divorce in January than at any other time of the year? Disheartening as it is, January's unfortunate notoriety as Divorce Month certainly

makes sense. Couples on the brink of breaking up will fake it till they make it through the holidays, holding off until the new year to seek legal separation.

Luckily, I don't have much experience when it comes to divorce (thanks mom and dad). However, from the second-hand knowledge I've collected over the years, I know that there is never an easy time to say "I do" to divorce.

Sure, it might be a popular time of year to make your failed marriage official, but there are plenty of less depressing milestones worth celebrating. I say, let's take back January from the family law firms and make it a month dedicated to something other than irreconcilable differences.

Here are a few alternatives I'm proposing:

Give a Big Tip Month: In January 1914, Henry Ford established a previously unheard-of \$5 a day minimum wage in his automobile factories. Why not celebrate this month by giving generous tips to all of those hard-working servers, cab drivers, baristas and other minimum-wage employees who make your life easier. In other made-up-holiday news, January also happens to be National Thank You Month, giving you another reason to show some gratitude.

Act like a Grown-up Month: On the second Monday in January, the Japanese celebrate Coming of Age Day in recognition of young adults who have reached the age of majority. Take some inspiration from the Japanese and honour your own maturity this month by wearing a proper jacket in the cold, not using emoticons in work emails and finally paying off your credit card bill.

Get Political Month: In January 1916, Manitoba became the first Canadian province to grant women the right to vote in provincial elections. Recognize this moment in history by using the remaining days in January to learn more about Canadian politics. Stop forwarding "S-t People Say" videos to your friends and take some time to write to your local MP about an issue you care about.

Read a Book Month: Remember books? Well, this month (today in fact) marks Benjamin Franklin's 306th birthday, and as the founder of America's first lending library, he would want you to put down your iPad, get offline and become reacquainted with paperbacks. Of course, let's ignore the fact that I used Wikipedia to research all of these pieces of January-centric trivia.

.....
Read more of Jessica Napier's columns at metronews.ca/shesays

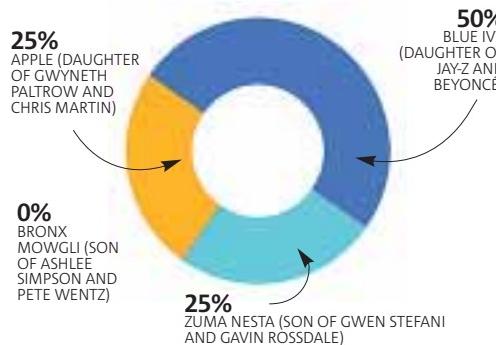


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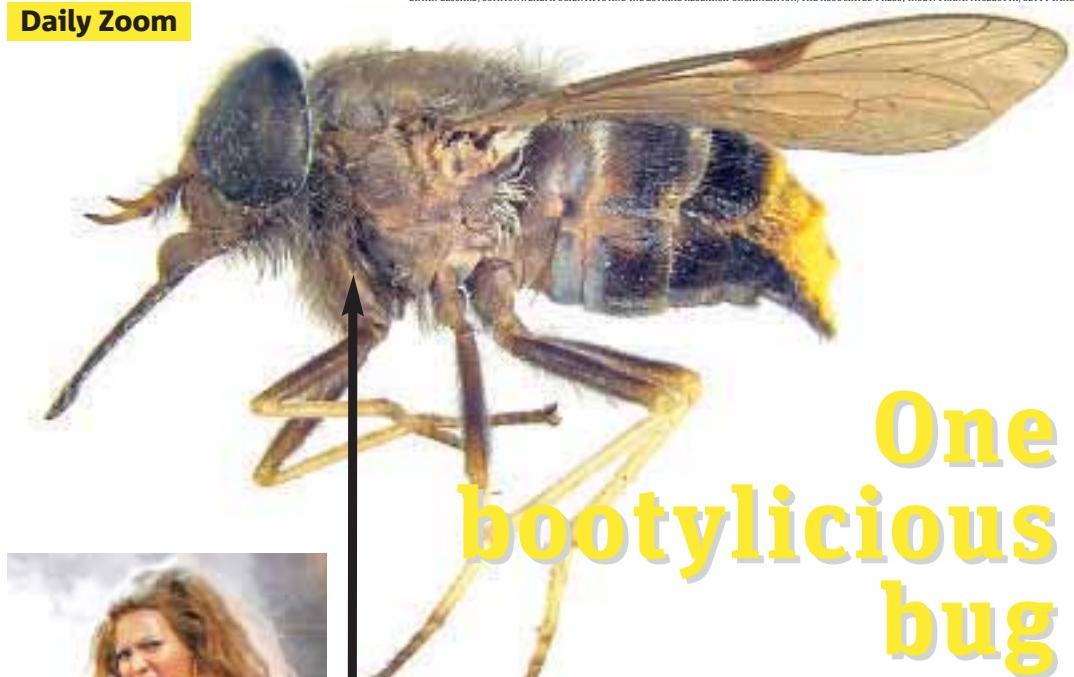


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What's your favourite unconventional celebrity baby name?



Daily Zoom



Researcher's crush is what's in this name

A newly discovered horse fly in Australia with its golden-haired bum is pinned at the Australian National Insect Collection in Canberra. For Bryan Lessard, a researcher of Commonwealth Scientific and Industrial Research Organization and a fan of pop diva Beyoncé, there was only one name worthy of its beauty: Beyoncé.

He wanted to pay respect to the insect's beauty by naming it *Scaptia (Plinthina) beyonceae*.

Previously published results were recently announced on the species that had been sitting in a fly collection since it was captured in 1981 — the same year Beyoncé was born.

THE ASSOCIATED PRESS

Local tweets

- **@gazilnik:** Driving west on the 401 made me nostalgic. #uwo / ldnont... I MISS YOU.
- **@kylemiley:** What part of have your fare ready don't people understand? It's ppl like that who contribute to the #LTC always being late! #ldnont
- **@VitVit18:** Dear Spoke, congrats on the new toaster. Slow toasting >>> always burnt bagel #uwo
- **@gunzworth:** ldnont reeeeeally needs to get on the PR train #seriously #getwiththeprogram #digitalage

- **@JamesyMcGuire:** Loves showin up to class ten minutes late to find out its canceled #fanshawe
- **@patriciaegraham:** It's shockingly warm today - actually above 0. Sorry, Ottawa friends. #ldnont #dlws
- **@DARREELLHARVEY:** Listening to the #ldnont theme song, can you say bloody brutal. Someone made a really bad decision to approve that.
- **@ashleyemcguire:** Did you know that you can get a weekend pass for friends who dont go to #uwo to take the mustang express! Pass is \$2 and good for thurs-sat

One bootylicious bug

Beyonceae

- Lessard said Beyoncé would be "in the nature history books forever" and the fly now bearing her name is "pretty bootylicious" with its golden backside.
- He added he was unable to find any live specimens in 2010. However, at least one member of the public has alerted him that he was recently bitten by what's locally called the "gold bum fly."



Scene in brief



Kid Rock has apologized after a man complained that the musician smoked a cigar at a nonsmoking venue in the Detroit area. Randy Snell says Kid Rock lit the cigar while attending country singer Travis Tritt's show Friday at Andiamo Celebrity Showroom in Warren. Spokesman Nick Stern told The Detroit News that Kid Rock offered his "most sincere apologies" to patrons he may have offended. He said he had been drinking alcohol. Fifty-eight-year-old Snell of Trenton has asthma and says he plans to file a health department complaint. Michigan law prohibits smoking at workplaces including bars and restaurants.

THE ASSOCIATED PRESS



Golden Globe parties crowded with tired, but grateful, stars

► Underworld star Kate Beckinsale explains how her stunt work is getting better with age



NED EHRLICH

SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

Underworld: Awakenings marks Kate Beckinsale's third outing — after skipping the franchise's last installment — as ruthless, gun-toting vampire Selene, so the British actress has had time to adjust to her character's temper. "I suppose it's my second or third time playing the character, so I'm used to the fact that she doesn't hold back when she's annoyed," she says.

Annoyed is one way to put it. In the new film, Selene bites, shoots and stabs her way through countless human and werewolf foes after waking up from a forced 12-year hibernation. And after three films, Beckinsale is still amazed she's developed a reputation as an action star. "It's so crazy, it's absolutely mad. And you'd think I'd be more used to it now," she says.

So what would the Oxford-educated actress like to be doing besides dispatching bad guys? Making people laugh. "I'm quite smiley and jolly in real life," she says. "I'd love to do more comedy. I don't find very many comedies



► Kate Beckinsale reprises her role as the vampire Selene in *Underworld: Awakenings*, which opens on Friday.

where I find the women's parts are very funny. Bridesmaids was so exciting because that doesn't happen very often."

Of course, Kristen Wiig and her Bridesmaids crew had to write those parts for themselves. "Interestingly, they don't have children," Beckinsale says with a laugh. "I realize there's a limit to the multitasking that I'm capable of. There are people who are much more capable of doing 20 things, and I'm doing two

as well as I can. So I know that I'm moving into a very different stage with my daughter. She's about to be 13 this month, and whilst obviously you're still their mother, it's in a slightly different way than when they're three years old. I'm anticipating a little bit more free time while she's on Facebook."

At 38, Beckinsale is by no means old, but Hollywood can be a cruel place for actresses. She acknowledges the industry's double

standard for women and men when it comes to maturity, but she's ignoring it. "You're talking to someone who's just spent the entire year running about on a wire," she says. "For me, I haven't been handed my carpet slippers or experienced any career hot-flashes yet. I'm sure I will, but this hasn't been it. So I'm able to live in my little bubble where I'm not about to be 70 years old."

In fact, when comparing how she handled the

Hollywood today

► Kate Beckinsale is by no means a fan of the TMZ age, with constant paparazzi attention, but that doesn't mean she doesn't understand it. "I think we've lost that slightly magical air of what movie stars used to be," she says. "There's something that is very spoiled now. It is very tempting to expose everyone's feet of clay because we are so bombarded with visuals of the perfect female and male form that I think it's very oppressive to people. You can't help but want to actually prove it wrong because most of those photographs are airbrushed and most of those people are probably taking cocaine to be thin."

stunt work on the first *Underworld* film to *Underworld: Awakenings*, Beckinsale says she's actually getting better with age. "I just feel better because I was such a novice then," she says. "Whether I've lost energy, eggs, hope, bone density, whatever — fullness in my breasts — I'm not aware of that as much as I am the fact that I'm more confident in the stuff."

DVD reviews

Buy it | Rent it | Borrow it | Yawn | Don't bother

The Ides of March

Genre: Drama

Director: George Clooney
Stars: Paul Giamatti, George Clooney, Philip Seymour Hoffman, Ryan Gosling

George Clooney's presidential campaign drama traverses familiar political corridors, tut-tutting over backroom manoeuvres and minor loyalty tests as if this were 1952 rather than 2012. That's entirely forgivable, because stellar performances make the movie: Ryan Gosling and



Clooney lead a crack cast that also includes Philip Seymour Hoffman, Paul Giamatti, Evan Rachel Wood, Jeffrey Wright and Marisa

Tomei, all at the top of their game. They're great to watch together, even if your eyes occasionally roll.

● PETER HOWELL

Killer Elite

Genre: Action

Director: Gary McKendry
Stars: Jason Statham, Clive

Owen, Robert De Niro

In director Gary McKendry's latest eruption, Jason Statham, Clive Owen and Robert De Niro play professional score-settlers of various vintages and shifting motivations. But what we see on the screen doesn't live up to the hype. The plot? Don't ask. While there's plenty of death on the screen, the real casualties of *Killer Elite* are the brain cells of people watching it.

● PETER HOWELL

Sunday night's alright for fighting

► Elton, husband have choice words for Madge

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

 Elton John and Madonna are in the middle of a huge feud — and honestly, I haven't seen two queens go at it this hard since RuPaul's Drag Race.

It started Sunday night at the Golden Globes, when both of the icons were nominated against one another in the category of Best Original Song in a Motion Picture.

Madonna was nominated for Masterpiece in W.E. while Elton was tapped for Hello Hello from Gnomeo & Juliet.

When asked by Carson Daly on the red carpet about the chances of Madonna winning, Elton quipped: "Madonna doesn't have a (expletive) chance."

"Those are fighting words," Daly told Elton, who replied, "No, those are actual words."

Then, when Madonna actually won, Elton's partner, David Furnish, went



► Elton John



► Madonna

onto Facebook to vent his frustration.

"Madonna. Best song????? (Expletive) off!!!"

Not satisfied, he continued his rant: "Madonna winning Best Original Song truly shows how these awards have nothing to do with merit. Her acceptance speech was embarrassing in its narcissism," he wrote.

Madonna won't fight dirty though (but, oh, how I wish she would fight dirty!), and backstage she was the emblem of polite.

"I hope he speaks to me

for the next couple of years," she said about John.

"He's been known to get mad at me so I don't know. He's brilliant and I adore him so he'll win another award. I don't feel bad!"

Way to take the high road, Madge.

You could have easily just pointed out that the man known for such classic compositions as Candle in the Wind and Rocket Man was this year hoping to win an award for a movie called Gnomeo & Juliet.

Brand is 'quite well, thank you'

If you want to know how Russell Brand is handling his split from Katy Perry, you'll just have to come out and say it. Brand played coy when, during a press conference for his new TV series Strangely Uplifting, a reporter simply asked how he was doing, according to Hollyscoop.

"I'm quite well, thank you," Brand said.

"Are you asking because of recent events? Well, I suppose what you're doing is you're making the mistake of seeing time as linear."

While Brand tried to avoid discussing his personal life, he does admit it will likely play into his new



► Russell Brand

show.

"I think there will be inevitable biographical elements because you can't speak from anyone's perspective but your own," he said.

● METRO

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A new study shows



3

minutes of exercise a day could help prevent type 2 Diabetes, according to scientists from the University of Bath in the U.K.

METRO WORLD NEWS



Antidepressants in late pregnancy may double rate of rare condition in babies



► Injuries can pile up quickly while on the slopes.

Ski smarter this season

► We often hit the slopes without training – or thinking about the damage it could have on our body ► Professional skier Amie Engerbretson explains how adding yoga can help you out

Hot chocolate breaks and cheese fondue aside, a skiing holiday can be straining.

Even professional skier Amie Engerbretson, who also stars in catalogue shoots, finds the sport is tough on her body. Core work and yoga help her focus and thrive.

Build the core

Yoga builds up core strength, which is what maintains your back and without it you would struggle to stand up straight.

"People focus on building muscle in the legs when what they should be

focusing on is the back," says Engerbretson.

"That's where you'll be taking a beating. Assuming you have a strong core and back, your body will be able to absorb the shock caused by the bumps you hit going downhill. With a weak core, your body will collapse on every impact, breaking down a little each time."

A strong core keeps you standing upright and stops you from hunching over, the biggest cause of the 'scorpion' fall, when your back curves and your legs (and skis) curl under your body.



People focus on building muscle in the legs when they should focus on the back.

AMIE ENGERBRETSON

Stand up straight

A lot of skiers suffer from poor posture but what they don't realize is that body alignment is directly linked to core strength.

"As soon as you get your skis on you should be

thinking about getting your posture right," says Engerbretson. "Bring the spine upright, align your shoulders with the hips and drive your hips down into snow."

Load up your legs

In order to build up leg strength, Engerbretson cross trains, mixing up mountain biking, bar method and yoga. Yoga's holding poses, such as the tree pose, are particularly beneficial when it comes to strengthening the lower body.

"Holding poses require sustained muscle energy. When you're in the tree

pose (standing on one leg) and stretch out your leg from the joint, you're actively engaging your core in order to balance on one leg."

Those who have done help this sort of pose will have experienced micro wobbles in their legs.

"The stabilizer muscles are the tiny muscles in the joints. When you stand in a balance pose and the leg wobbles, you are engaging and therefore toning and strengthening these tiny muscles and therefore protecting the knee joint," she explains.

METRO WORLD NEWS

The workout

3 SKI-BETTER MOVES

This aerobic workout will strengthen your legs, back and arms so that you can make the most of your ski trip.

High mountain 1 for better posture and stronger thighs

Start with your feet hip-width apart firmly pressing into your feet and energizing your legs. On an inhalation, lift your arms up alongside your ears with your palms facing each

other.

Forward bend 2 with hand clasp

Stretches the hips, hamstrings and thighs. The hand clasp increases the intensity of the pose. Exhale, swing forward and clasp your hands behind your back as you fold in to a forward bend. Keep the weight from falling back onto your heels and stretch your hamstrings, back and shoulders in this

forward fold. Scoop your lower abdominals in and up, and as you take your arms overhead try to keep the top of the shoulders relaxed.

Skier's chair pose 3 into high lunge

Chair pose strengthens the spine and thighs and the high lunge works on strengthening the legs and the arms. Inhale, bend your knees and come in to a skier's

KRISTIN MCGEE YOGA INSTRUCTOR

chair tuck keeping your hands clasped behind your back, abdominals engaged. Bend deeply and gaze forward as you step your right leg back behind you and swing your arms up alongside your ears coming into a high lunge.

Make sure your front knee is directly over your front ankle and press firmly through your back thigh and out through the heel.



► High Mountain

KRISTIN MCGEE

**Preparation:**

1 In bowl, combine beef, garlic, parsley, fennel powder and pepper. Cover and refrigerate for at least 1 hour. In nonstick skillet heat oil over medium high heat and cook meat mix until browned.

2 In pot of boiling salted water, cook pasta 10 mins. or until al dente. Drain, reserving 125 mL (1/2 cup) of cooking liquid. Add pasta to meat mix and stir in reserved pasta cooking liquid. Cook 2 mins. Remove from heat and stir in

Ingredients:

- 750 g (1 1/2 lb) lean ground beef
- 2 cloves garlic, minced
- 15 ml (1 tbsp) chopped parsley
- 1 ml (1/4 tsp) fennel powder
- black pepper
- 15 ml (1 tbsp) olive oil
- 1 pkg (500 g) whole-grain rotini
- 500 ml (2 cups) torn arugula
- 30 ml (2 tbsp) Parmesan

arugula and cheese to serve. THE CANADIAN PRESS/BARILLA

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► When you have trouble communicating with someone who speaks another language, don't raise your voice. That's just plain ol' rude.

COMMUNICATING IN A FOREIGN LANGUAGE

I'm back on the road this week and am currently in Bangkok, Thailand.

I have observed what seems to happen often when I travel to foreign countries — people have trouble communicating with each other because they don't speak a common language.

When communication breaks down, people start to raise their voice and treat the service person like an imbecile.

This, to state the obvious, accomplishes absolutely nothing except raising your blood pressure and making you look like an idiot.

So what to do? I think there are four techniques

CHARLES THE BUTLER



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we can all use to best try and communicate in the absence of an interpreter.

1. Slow down. Speaking quickly makes it very hard for others who do not speak our language to understand us, so slowing down might help a little.

2. Annunciate your

words. Truth be told, we are not the best generation at pronouncing our words clearly. Slowing down and articulating all of our words better gives the listener a chance to understand the gist of what we are trying to communicate.

3. A calm tone is always best. Keeping calm helps keep the entire communication going smoothly.

4. Hand gestures will always help bridge the gap between the two of you, so if possible, travelling with a champion charades player may always be of help!

On my current Asian business tour, I learned something of great interest: in Shanghai, three luxury

hotels require their workers to attend English-speaking classes paid for by the hotel.

The objective is to ultimately better serve the English-speaking traveller.

How interesting that on the other side of the coin, I have yet to find a hotel in English-speaking countries to provide and offer Mandarin-speaking lessons to their employees.

With an estimated 150 million middle class Chinese tourists expected within in the next few years, I see a lot of hand signals and slow speaking people in the future.

HAVE A QUESTION? EMAIL CHARLES AT
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5 minutes with: Amber Bacon

► Canadian ex-bachelorette opens up

 **PHYLLICIA
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Amber Bacon, a Port Coquitlam, B.C., nurse and the only Canadian who had a chance to woo The Bachelor, talks to Metro about her time on the show, not getting a rose and her message to Ben Flajnik.



► Amber Bacon

ed to stand out so they did whatever they can to make Ben remember. There are so many girls and I don't even know how he would remember 25 names. If you do something big like coming in on a horse, and he would be like, 'Oh that girl on the horse.' I think that was smart of them that they got his attention.

Giving Ben a taste of bacon by having him kiss your hand, was that on the spot or not?

I had it prepared and wanted something that was a little bit fun, flirty and memorable so I thought the 'Baconator' was fun. I don't take myself too seriously so I was able to poke fun at my name and I thought that was good.

How was it being in one room with 24 other women? Did you see some checking out the competition?

I think girls always look at other girls and size them up to try and see who they're up against. I think that's normal for girls in any situation. In any bar you go to, all the girls are kind of looking at each other. This situation is a bit high stress and a bit more intense, so some of the girls can take their emotion to the next level and get all riled up.

Are you rooting for anyone?
I really liked Lindzi (Cox), the girl who came on the horse. I do think she was a really nice, down-to-earth girl. I had spent time talking to her and just thought she was a genuine, classy lady so I'm pulling for her.

What's your message for Ben?
You gave up on the best girl in the world. Good luck.

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FUN AND FRUGAL

LESLEY SCORGIE

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Pat yourself on that back! The BMO holiday spending survey results were released last week and 76 per cent of Canadians reported they spent less than they had planned over the holidays. On average, Canadian households shelled out \$1,029 on food, drinks, gifts and entertainment; \$300 less than what most were expecting to spend.

Around 25 per cent of that same group listed 'reducing household debt' as their number one priority for 2012. Pulling in second place, with 24 per cent of respondents, was a resolution 'to save more for retirement'. The top three ways to achieve these goals are:

- Spend within your budget. Use online financial tracking and budgeting tools to keep a close watch on your spending. These tools are free with your online banking. Once you know where your money is going, you can find ways to cut back. If overspending knocks you off budget, ask your three-year-old niece or nephew to hide your credit cards in a secret spot in your kitchen. By the time you've found your cards, the wave of spending temptation will have passed.

- Tackle your debt head on by paying a little extra whenever you can scrounge up a few dollars. If you're paying high interest rates, negotiate for lower ones.
- On payday, before you pay your bills or hit up the ATM, automatically contribute savings to a registered investment plan like an RRSP or TFSA. Many employers will set this up for you or you can ask your local banker for assistance.

How good is your 'hood?

BRUCE SELLERY

MONEY@METRONEWS.CA



As co-host of Million Dollar Neighbourhood, Bruce Sellery helps families address their money problems with tough love. The show starts in Aldergrove, B.C., where one community will confess their bad money secrets, come to terms with their debt denial and find a whole lot of money by selling, downsizing, swapping, bartering, investing and some good old-fashioned sweat equity.

Feeling inspired to save? Here's Sellery's Top 3 tips for Metro readers.

Get fanatical about fees: You drive out of your way to save a dollar on diapers or a dime on gas, but don't look closely at the fees you're paying for cell-phone plans, Internet,



► Bruce Sellery, left, and Dr. Joti Samra co-host *Million Dollar Neighbourhood*. The show's winning family gets \$100,000.

banking and investing. Figure out what you're paying then see if you can get a better deal from a different provider. If you can, call and ask your company to put you on a better plan. If they won't, saunter on over to their competition. **Put your credit card on ice:** Store your credit card in the freezer and live cash only for one month. Yes, it is totally inconvenient and annoying, but will make you more conscious of what you spend your money on. This will help you find some places to cut

ON MONEY

ALISON GRIFFITHS

MONEY@METRONEWS.CA



Let's say you're young and invincible. The world is within your grasp. But you'd love to see your savings grow like crazy so you can retire at 45, take off and see the world. I know, I've been there.

Many advisors will tell you that because you're young you can afford to take investment risks in order to grab the stock market brass ring. That means loading up your RRSP with equities (stocks) and also choosing those so-called high-risk-high-reward sectors to turbo boost your returns. Even if you hit a bad patch in the market, you're told, you have a long time

frame and lots of opportunity to make up losses.

I've got news for you. If you're young, you don't need to take risks. Believe it or not, conservative beats out aggressive across almost every time period.

Here are three investment rules for all you 20- and 30-somethings.

1. Keep it simple smartie

Don't have lots of investments. Two or three broad-based, low-fee exchange traded funds (ETFs) will outperform most complicated, expensive mutual fund portfolios.

2. Invest regularly

This is called dollar-cost averaging. The stock market can get pretty crazy so by investing monthly, quarterly or even twice a year you will smooth out those bumps.

Sometimes you'll buy when stocks are on a tear, sometimes you'll invest when they're in the dumps.



► Alison's money rule:
When it comes to RRSP
investing, conservative
and safe is a winner
over time.

Just don't stop investing because fear is keeping you on the sidelines.

3. Go with boring

Fixed income (bonds and cash investments like GICs) are pretty dull. But the research is crystal clear — portfolios with a good amount of bonds and GICs produce just as good returns over time as those loaded up with equities in the form of stocks, mutual funds or ETFs — and with a lot less risk.

I'm not saying don't invest in the stock market, but just be aware that the

fixed income tortoise, despite the current low interest rates, has beaten the equity hare over many time periods.

In my new book, *Count on Yourself: Take Charge of Your Money*, I lay out some very easy-to-follow, conservative portfolios for the younger (and also older) crowd with returns that equal or better more aggressive ones.

ALISON GRIFFITHS IS THE AUTHOR OF *COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY*. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

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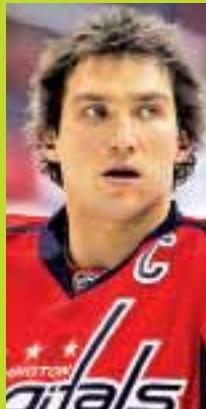
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Raptors lose their fifth game in a row

► **Josh Smith scores 28, Joe Johnson 27 as Atlanta downs Toronto**

Josh Smith believes the Atlanta Hawks can keep winning even though centre Al Horford will miss the next three to four months with an injury.

"We have veteran guys who have been there and done that before," Smith said. "All we need is to just keep flying under the radar."

Smith scored 28 points and pulled down a season-high 15 rebounds and Joe Johnson added 27 points to help the Atlanta Hawks win their third straight game, 93-84 over the Toronto Raptors on Monday.

The Hawks are 3-0 since Horford tore his left pectoral muscle last week, and Smith is hardly concerned that Atlanta has yet to beat a strong opponent



during that stretch. Charlotte, Minnesota and Toronto are a combined 11-29.

Leandro Barbosa had 22 points off the bench for Toronto, which has lost five straight.

Toronto was without centre Andrea Bargnani, the NBA's ninth-leading scorer, for the third straight game because of a strained left calf. Reserve guard James Johnson

didn't play because of a sprained right ankle.

The Raptors twice cut the lead to one late in the third quarter when Barbosa hit a pair of free throws and a runner, but Atlanta went on an 18-9 run that Jeff Teague ended with a free throw to make it 81-71 with 7:55 remaining.

Toronto never got closer than five after Ed Davis scored inside over Smith to make it 85-80 with 2:12 left.

Smith responded on the next possession by jumping from the right baseline and tipping in Johnson's missed runner to give the Hawks an 87-80 lead.

"It sounds like a broken record, but I thought our guys competed," Raptors coach Dwane Casey said.

"We're truly missing our players, but that's no excuse. There's only so much you can ask for from certain players. That's not their role."

Jose Calderon had 13 points and 11 assists and Amir Johnson added 13 points and 10 rebounds for the Raptors, who have lost seven of eight overall and dropped to 2-6 on the road.

The Hawks converted 17 Toronto turnovers into 22 points.

"I don't want to make excuses, but we're a young team and we have a new coach," Calderon said. "Maybe we need some practice. Hopefully we can get on the same page. Sometimes we turn the ball over because we're trying to do too much."

THE ASSOCIATED PRESS

Nadal wins despite injury

Rafael Nadal has a new injury — a tendon problem in his right knee that nearly forced him to forfeit a first-round match at the Australian Open on Monday that he won handily.

Roger Federer, defending champion Kim Clijsters and top-seeded Caroline Wozniacki were also bothered by injuries coming into the year's first Grand Slam event, but all advanced in more routine fashion and appeared to be over their ailments.

That wasn't the case with Nadal. Bothered by a left shoulder injury late last year, the Spaniard's right knee was heavily taped during his 6-4, 6-1, 6-1 win over Alex Kuznetsov.

"I was sitting on a chair in the hotel. I felt like a crack on the knee ... really strange," Nadal said. "I stand up. I felt the knee a little bit strange. I moved the leg like this two times to try to find the feeling. After the second time, the knee stays with an unbelievable pain completely straight. I have no movement on the knee."

He wasn't completely sure he could play but decided to do so after an MRI exam showed no major damage, although he still had concerns.

"I started with a little bit of a scare at the beginning, and nervous because I was really disappointed yesterday," he said. "But after the first 10 games ... I started to play with normal conditions."

Nadal added that he doesn't quite understand what happened, but "I am really happy that today I was ready to play and I played a fantastic match."

Milos Raonic of Thornhill, Ont., is the lone Canadian in the men's singles draw. The No. 23 seed will face unseeded Filippo Volandri of Italy on Tuesday. Vancouver's Rebecca Marino, Stephanie Dubois of Laval, Que., and Aleksandra Wozniak of Blainville, Que., are also scheduled to play Tuesday. THE ASSOCIATED PRESS

Cujo. Signs



► Former Maple Leafs goalie Curtis Joseph signs an autograph for Kate Andersen, 22, of London on Monday before the Sports and Celebrity Dinner and Auction at the London Convention Centre.

ANGELA MULLINS/METRO

Stars come out for local youths

The Sports and Celebrity Dinner and Auction featured a variety of athletics and media stars, including keynote speaker Dick Pound, former vice-president of the International Olympic Committee and former president of the World Anti-Doping Agency.

Proceeds from the dinner will benefit the Thames Valley Children's Centre, a facility for the rehabilitation of youths with disabilities.

Crosby turns to familiar treatment

► Penguins star to return to Toronto-born chiropractor

Sidney Crosby's recovery is back in the hands of chiropractor Ted Carrick.

The Pittsburgh Penguins announced Monday their captain will meet with Carrick this week. Crosby was treated by the founder of chiropractic neurology in August and credited him with helping accelerate his return from a concussion earlier this season.

Crosby last played for the Penguins on Dec. 5, when his concussion symptoms returned.

Crosby's agent, Pat Brisson, noted Carrick specializes in helping improve the "vestibular system" — which contributes to balance and spatial awareness.

Crosby accompanied the

"Sidney has made a lot of progress but he is still having some symptoms, so this is the next step in his recovery."

PENGUINS GM RAY SHERO

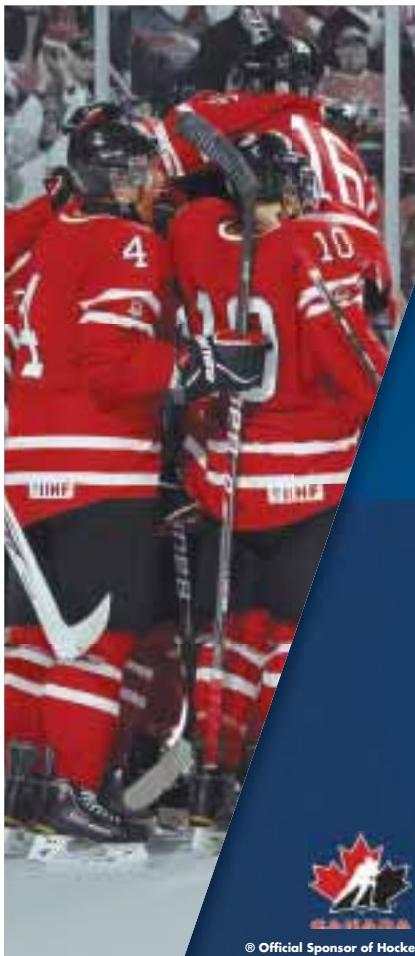
Penguins on a three-game road trip last week and skated twice in Florida, telling reporters afterwards he continues to deal with issues related to motion.

"The motion stuff has kind of been the issue, both the time before and now going through it for a bit," Crosby said Friday. "The good thing is that I have a pretty good handle on it,

and I'm always able to (treat) that. That was a big help in August when I went to Atlanta (to see Carrick)."

The Toronto-born Carrick practises in Florida and Georgia, and founded the Carrick Institute for Graduate Studies to teach his method of treating brain injuries. Viewed by some medical professionals as unorthodox, Carrick's holistic approach has gained notoriety through his work with Crosby.

Carrick combines chiropractic practice with neurology and includes the use of a "whole-body gyroscope" — a rotating chair that spins upside down in an effort to stimulate the brain. THE CANADIAN PRESS



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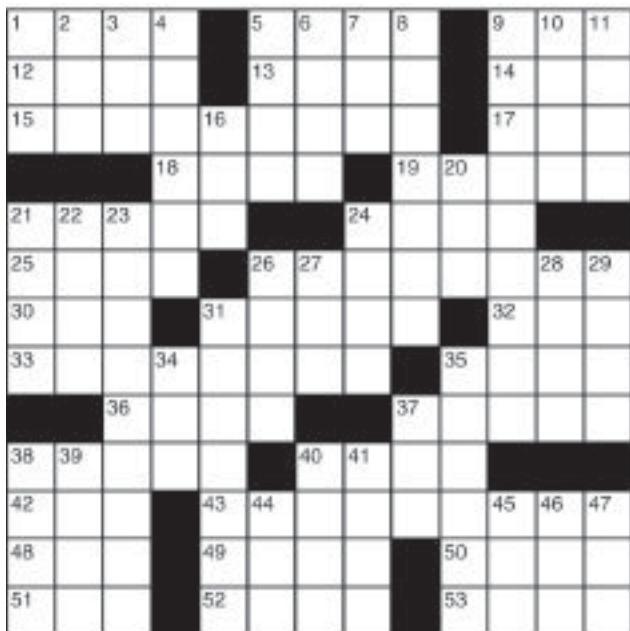
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Across

1 Help on the sly
5 Creche visitors
9 Sch. org.
12 Short skirt
13 Astringent
14 Rowing need
15 Quickly
17 Take to the slopes
18 Stretch vehicle
19 Played Hamlet,
e.g.
21 Stares stupidly
24 Soon, in poetry
25 Crucifix
26 Some graduate
courses
30 — and outs
31 Maximum
32 "The way" in
China
33 Debris
35 Crazy
36 Stubborn beast
37 Dissolves
38 Sordid
40 Many millennia
42 Standard
43 Put off
48 Request
49 Operatic solo
50 Goodyear product
51 "Indeed"
52 Transaction
53 Verve

Down

1 Roadie's equipment
2 Life story, for short
3 Type measures
4 Like nobility, e.g.
5 Sir's partner
6 Too
7 Eviscerate
8 "This is no joke!"
9 Of the very, very
young
10 Seize
11 Saharan
16 Man's possessive
20 Swindle
21 Puzzle diagram,
e.g.
22 Highly rated
23 Mailing-date indi-
cators
24 Writer Kingsley
26 Location
27 Ostrich's cousin
28 Huck's transport
29 Drunkards
31 Frog's perch,
maybe
34 Piratic potion
35 Signify
37 Unruly hairdo
38 Fix, in a sense
39 Relaxation
40 Europe's neigh-
bour
41 And others (Lat.)
44 Raw rock
45 Zero
46 Historic period
47 Lair
48

**Monday's answer**

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ►

Today's horoscope

**Aries** March 21-April 20

What are you hoping for? What is the one thing that would make your life more enjoyable? If you know the answer to those questions then you are closer to success than you think.

Taurus April 21-May 21

You can sense that something unusual is going to happen and that it's only a matter of time before your talents are rewarded.

Gemini May 22-June 21

You've no doubt had your fill of up-heavals of one sort or another and it won't be long before a more positive phase begins.

Cancer June 22-July 22

You will make a new friend — someone who not only brings a great deal of fun into your life but who will, at some stage in the future, benefit you financially too.

Leo July 23-Aug. 23

Worry less about your work and worry more about your relationships.

Virgo Aug. 24- Sept. 22

However fast you happen to be moving you should slow down a bit over the next few days.

Libra Sept. 23-Oct. 23

Life may have been tough of late but in a few days time you won't want to trade places with anyone.

Scorpio Oct. 24-Nov. 22

For today's crossword answers and for expanded horoscopes, go to metronews.ca

You must speak up and tell the truth as you see it.

Sagittarius Nov. 23-Dec. 21

Today it will pay you to keep a (very) low profile.

Capricorn Dec. 22-Jan. 20

There's no excuse to give up on things that should have been finished by now.

Aquarius Jan. 21-Feb. 18

Your ego needs stroking so get out there where you'll be seen.

Pisces Feb. 19-March 20

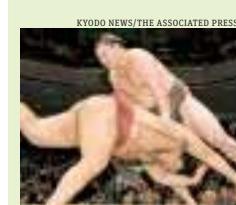
Your task today is to cut out the noise of your everyday environment and pay attention to that small voice within. It has lots to tell you.

• SALLY BROMPTON

Caption contest



"They are
mini-me-zing on
expenses"
RACHEL

You
write it!

WIN!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Thursday's Metro.

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honey
if loving u is wrong i dont
want to be right
FROM BEE

My girl
i will never be a socialite
would want to be a
socializee.
FROM ME

I'm sorry
I love you. I can't help it.
Maybe something will help
me out,
FROM I'M YOUR FRIEND

White shirt
Last Thur I was in DT hope-
fully to me you after an hour
I saw you in the car of mer-
cedes-benz with white shirt
right or I was dreaming?
FROM ME

Ba
Yeah, I have classes everyday
and I need to be protected or
socialized even through this
is a piece of cake for me.
FROM ME



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Depot**

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Was: \$15.00 Now: \$5.60 **60% off**

Variety Scented Candles



Was: \$4.99 Now: \$2.60 **60% off**

Was: \$3.00 Now: \$2.60 **60% off**

Oxygen Water 12 x 500mL



Was: \$9.99 Now: \$2.80 **70% off**

Was: \$8.00 Now: \$2.80 **70% off**

Soap 6 x 100mL



Was: \$9.99 Now: \$1.00 **90% off**

Was: \$9.00 Now: \$1.00 **90% off**

Jam 700g



Was: \$4.99 Now: \$1.00 **80% off**

Was: \$4.00 Now: \$1.00 **80% off**

5 Varieties Only 5 per customer

Concentrated Oven Cleaner 4L



Was: \$19.99 Now: \$5.00 **75% off**

Was: \$15.00 Now: \$5.00 **75% off**

Herbal Tea 4L



Was: \$2.99 Now: \$1.00 **65% off**

Was: \$2.00 Now: \$1.00 **65% off**

300 Ft. Foil



Was: \$9.99 Now: \$3.70 **65% off**

Was: \$7.00 Now: \$3.70 **65% off**

Fantastik



Was: \$5.99 Now: \$3.00 **50% off**

Was: \$3.00 Now: \$3.00 **50% off**

Olive Oil 3L



Was: \$19.99 Now: \$10.00 **50% off**

Was: \$10.00 Now: \$10.00 **50% off**

Strong Garbage Bags



Was: \$14.99 Now: \$10.25 **25% off**

Was: \$15.00 Now: \$10.25 **25% off**

Liquid Laundry Detergent 4L



Was: \$8.99 Now: \$5.00 **45% off**

Was: \$4.00 Now: \$5.00 **45% off**

High Quality Charcoal 22Lbs



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Natural Sparkling Water 750mL



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Was: \$1.50 Now: \$0.49 **75% off**

Crushed Tomatoes 2.84L



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Was: \$1.00 Now: \$0.49 **65% off**

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Was: \$1.00 Now: \$1.50 **30% off**

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